

How to Strengthen Yourself in the Lord Like King David

It should have been no surprise to find my bell pepper plants laying over in the raised bed garden that morning. The night before we had a downpour of rain.

As I stood looking at them, I knew I had to do something to strengthen them. The weather forecast was calling for additional rain. Something had to be done before the next rainfall.

I gathered my stakes and string and began to stake each individual plant firmly in place. I knew this would allow them to continue to grow despite the expected rainfall.

As I was tying the string, I thought of the Scripture in 1 Samuel 30:6: "David was greatly distressed, for the people talked of stoning him, because all the people were bitter in spirit, each over his sons and daughters. But David encouraged himself in the Lord his God."

I began to think about how this same thing often happens in our spiritual walk.

Perhaps we face a storm of sorts. Once it passes, we find ourselves needing to strengthen ourselves. For the bell pepper plant, it needed something to stake it to. To bring stability. What do we do, spiritually, when we need stability after a storm?

In 1 Samuel 30:6, David and his mighty men had experienced a terrible storm. So much so, they wanted to kill David, their leader. Instead of becoming fearful, David did something else. He strengthened himself in the Lord.

This is the first thing we need to do. Strengthen ourselves in

the Lord. Through the Word and prayer. Through praise and worship. Whatever it takes to bring us back to a place of strength in God. We can't look at the storm; we must continue to look only to God. In doing so, we will have victory over the storm, just as David did that day. He recovered all.

Additionally, we can stand in agreement with another believer. Tie ourselves to them, so to speak, to someone we can trust. Someone who will stand with us to the end. Who will stand and pray and speak the word until we see victory.

Matthew 18:19-20 says, "Again I say to you, that if two of you agree on earth about anything they ask, it will be done for them by My Father who is in heaven. For where two or three are assembled in My name, there I am in their midst."

Ecclesiastes 4:9-10a says, "Two are better than one, because there is a good reward for their labor together. For if they fall, then one will help up his companion."

Two are better than one. Because there is a good reward for their labor.

We see this truth in the story of Peter and fishing. Or as he calls it, "toiling all night."

Peter had been fishing and toiling all night long. He had caught absolutely nothing. Jesus told Peter to launch out and try it one more time. You can imagine Peter's possible frustration as he shared with Jesus how they had already toiled all night long. However, Peter went on to say, "even so, because You said so, we will try it one more time." And he did.

What happened? Peter caught so many fish he had to call his partners to come help bring in the haul.

Luke 5:4-7 says, "When He had stopped speaking, He said to Simon, 'Launch out into the deep and let down your nets for a

catch.’ But Simon answered and said to Him, ‘Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net.’ And when they had done this, they caught a great number of fish, and their net was breaking. So they signaled to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink.”

The word “partner” in this verse comes from a root word, *echo*. Isn’t that interesting?

A “partner is defined as one who partakes in the external things such as pertain to property or riches or spiritual things, etc. It is used of those who join to one another in covenant.”

Today, if you have faced a storm, strengthen yourself in the Lord. Find a believer to stand in faith with you. And get ready to bring in the haul. It’s time. {eoa}

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Her message is a message of hope. She speaks to the heart of women and men who have become discouraged and disappointed by the circumstances they may face in life, imparting to them the desire and ability to stand against all odds and see themselves as victorious and able to overcome every obstacle through God. She encourages people to press into God and discover that He is who He says He is. For additional information go to: